



Slow Food® UK



*Seasons of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless,
With fruit the vines that round the thatch-eaves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For summer has o'er-brimm'd their clammy cells.'*
(Verse 1, To Autumn by John Keats)

Dear Slow Food Members and Friends,

We welcome you to the start of the Autumn season, with a whole host of colours and flavours to tickle your tastebuds. We bring you some of the stories behind good, clean and fair food. These stories are not only about our producers' passion, dedication and hard work, they are also about the enrichment of our cultural food heritage, strengthening local communities and economies and protecting local environments.

When we know the story behind the food, our enjoyment of it is multiplied, our penny-pinching wanes and we are less likely to waste it. That is why the team at Neal's Yard is busy gathering detailed information about the incredible producers and members in the Slow Food UK network. We will soon be bringing you greater insight into our groups and group leaders around the country and more of the stories behind our food but for now, sit back, and we hope you enjoy...

Group Visits

This past month has seen intense activity as our office team has expanded and we continued our journey around the country visiting our local groups. This month we spent many days travelling across Scotland, with a small detour to Berwick-upon-Tweed introducing ourselves and our vision and listening to leaders' and members' thoughts and ideas about Slow Food. From Wester Ross to Skye, from Glasgow to Ayrshire, from Fife and Perthshire to Edinburgh, our eyes are being continually opened to the incredible individuals, work and foods that are bringing to life our philosophy of good, clean and fair food.



Keith & Rachel Jackson's 'Iron Age' pigs on Skye

Our next newsletter will focus more about our regrettably-fast Scottish tour and will introduce our readers to some of the chefs and producers we met.

We would like to thank again all the leaders and members for their extraordinary generosity and their efforts to help us organise the meetings, meals and local producer visits that are essential to these trips.

Honest Food Campaign

Lyndon Gee, SF Westminster Leader, recently organised a networking breakfast meeting in London, bringing together food writers, small producers, activists and major supermarket representatives. Most notable was the presence of Nick Herbert, the Shadow Secretary of State for the Environment, Food and Rural Affairs, who delivered a speech on the Honest Food Campaign. The campaign aims to get compulsory 'country of origin' labelling introduced in order to empower consumers and stop misleading packaging. Currently, meat imported from abroad and then processed in Britain can be labelled as British. Since being launched earlier this year, the campaign has won the backing of most of the large supermarkets including Tesco, M&S, Sainsbury's, Waitrose and Morrisons. Slow Food welcomes initiatives from all organisations and political parties that empower the consumer to better understand the real story behind their food purchases.

Ecological Debt Day

According to new research by the **New Economics Foundation**, the world has now entered 'ecological debt', due to continued over-consumption, excessive dependence on overseas energy and lower rates of self sufficiency in food production. The report - The Consumption Explosion: the Third UK Interdependence Day Report - was published on Friday 25 September, this year's ecological debt day, and details how the rate at which we are now depleting world resources and generating waste has exceeded the earth's biocapacity. For more information visit www.neweconomics.org

Chef Profile

In the theme of Autumnal inspirations and this season's delights of oily fishes, like mackerel and sardines, we interviewed passionate Slow Food Cornwall committee member and talented Head Chef of the Greenbank Hotel, Sanjay Prosenjit. Sanjay is passionate about local produce and fish, and when not creating delectable dishes he volunteers at the Maritime Heritage Museum to help educate children about Cornwall's fishing tradition. Sanjay prepared an extraordinary buffet made with Cornish produce for our team's meeting with Cornwall members in August. Dishes included Polgoon cider cured salmon with grain mustard & lavender honey dressing and Thai green chilli spiced cornish crab claws and sweet chilli butter.



Sanjay at The Greenbank Hotel in Cornwall

Here, Sanjay answers a few questions about his passion for the kitchen...

Sanjay, tell us how your interest in food began?

My real interest began with my fascination of the smells and colours of various spices in our local markets. Everything was so enticing.

What's your earliest food memory?

I remember going to the fish market with my dad and seeing all the live fish wriggling about merrily and smelling of the sea.

What does Slow Food mean to you?

For me personally, Slow Food is in my roots. As an Indian, picking muddy spinach at the market and buying carrots that are wonky is normal to me. Slow Food is primarily about educating the consumer, or co-producer about alternatives to mass produced food, and Slow Food is a great way to identify yourself - a Slow Food person is someone who doesn't do tasteless burgers or the fast life.

What's the worst meal you've ever had?

I am yet to have one! For me, food is about a realisation of senses. You can not quantify good or bad food.

Do you have a food hero?

My food hero has to be my dear wife, who makes me appreciate and understand food from the perspective of living happily.

A final food thought...

Enjoy good food responsibly- respect it and don't take it for granted.

For more information about Sanjay's cooking, please visit www.sanjayskitchen.co.uk

To keep up-to-date with our 'Slow Interviews' please check on the 'News' section of our website. www.slowfood.org.uk

Slow Food Pavilion at BBC Good Food Shows

For a second year, Slow Food UK teams up with the BBC Good Food Shows to give small artisan producers a chance to reach a larger audience. We received applications from all over the country and after a series of greatly varied and interesting tasting sessions - from rich hand-raised pork pies to exceptional three-year old mutton - we are extremely pleased to announce the Bursary Award Winners for the Autumn 2009 shows.

The winners are:

SECC GLASGOW: 30 Oct – 1 November

Acanthus Hand Raised Pies – traditional artisan, hand raised meat pies from Glasgow
Dumachloy Rosie Veal – sustainably produced veal from the Isle of Bute
Different Breid – traditional sourdough breads from Glasgow
Great Glen Game – smoked and cured venison from Fort William
Peelham Farm Produce – organic, native breed meats from the Borders
Traquair House Brewery – artisan ales from an historical microbrewery in the Borders

OLYMPIA LONDON: 13 – 15 November

Cranfield's Foods – seasonal preserves from Devon
Edible Ornamentals – fresh chillis, chilli sauces and pickles
Happy Hogs – rare breed pork and prepared pork products from Norfolk
Richard Hayward Oysters & Mersea Island beer and wine - native oysters from Colchester (Slow Food Ark of Taste product)

NEC BIRMINGHAM: 25 – 29 November

Brockleby's – award winning, traditional hand-raised pork pies and rare breed meats from Melton Mowbray
Cornish Meadow Preserves – handmade traditional preserves from Cornwall
Havard & Co – rare breed, pasture fed mutton from Worcestershire
Holden Farm Dairy – organically produced, mature cheese from west Wales
Keen's Cheddar Ltd – artisan produced Cheddar Cheese from Somerset
Monachyle Mohr – traditional bread and sustainable fish from the Trossachs
Muddy Boots Real Foods – burgers and prepared meals from the family's Aberdeen Angus herd in Worcestershire
Regional Ale Producers - Teme Valley Brewery, Hobsons Brewery, Breckonshire Brewery – award-winning real Ales from Worcestershire, Shropshire and Powys

Congratulations to all the winners. Together with Slow Food UK's bursary winners, we aim to help visitors reconnect with food stories with a sense of place. We will also be on hand to talk to visitors about how Slow Food can connect them to where their food comes from by encouraging them to join a Slow Food group most local to their area and joining in on some producer visits.

Slow Food members are entitled to an **exclusive discount** of £2 off tickets to the BBC Good Food Shows in Scotland, Birmingham and MasterChef Live, a BBC Good Food Production in London. Please use the code in your printed version of the newsletter which is on its way to you.

If you would like to volunteer to help at any of the shows, please contact Sue Braithwaite at: s.braithwaite@slowfood.org.uk. For more information: www.bbcgoodfoodshow.com, www.slowfood.org.uk

Global Network: Terra Madre Day 10/12/09

Terra Madre is a worldwide network that gives a voice to small-scale farmers and food producers and brings them together with cooks, academics and youth to discuss how to improve the food system collaboratively.



Celebrating Terra Madre Day on **10 December 2009** will help to make people aware of the importance of eating locally and will proclaim the right of all communities worldwide to have access to good, clean and fair food. Organising an event will be an excellent opportunity to build relationships and meet people with shared objectives.

You can register your event on the Terra Madre Day site, www.slowfood.com/terramadreday, or by emailing tmday@slowfood.com. Each registered event will be shown on our global map of events so everyone can find out about Terra Madre Day events in their area. The website also contains a tool kit to help you organise and promote your event – graphic material to print out including posters, banners, cards, pins and T shirts. This is Slow Food at its best - community led and fun!

Harvest Time

September saw the re-launch of the Slow Food London Market at the Southbank Centre. The Harvest Market was a great success and themed on Southbank's '**Pestival Festival**', a celebration of insects and pollinators that make harvest-time possible. Slow Food joined forces with Pestival in talks and demonstrations to show how insects support our agriculture. The preservation of the insects' habitat is crucial to the balance of our ecosystem and the production of our food, as over 30% of our food is a direct result of insect pollination.

Our appreciation goes to SF London for their efforts in rounding up a fantastic array of producers and bringing the market back to life. For more information, www.slowfoodlondon.com and www.southbankcentre.co.uk.



Lately there has been a flurry of reports on 'food security' that has had Slow Food groups discussing what it really means. One report is Defra's UK Food Security Assessment. We heard from members that, although it is a real positive that the Assessment acknowledges that 'a lot must be done to secure the UK's food future' (we were not surprised down here at grassroots level), they felt more could have been said around local, home and community food production such as linking in to the 'grow your own' initiatives that are popping up across the country. Professor Tim Lang, Garden Organic's President, and Commissioner on the Sustainable Development Commission said about the Assessment, 'The UK needs to get to the bottom of what a sustainable food supply might look like. Home food production would be very valuable in that process, not just in producing food but in harnessing public goodwill and building community skills. There are no quick fixes to the UK's food challenges ahead but home food production deserves a higher priority'.

Local Group Events

There are many interesting and varied Slow Food events taking place nationwide, including everything from farmers' markets to producer visits, taste workshops and convivial meals.



SF East Lothian hosts the Kid's Fun Food Day

The events listed here are just a sample of what's happening around the country:

- 10 Sept - **SF Fife** Slow Harvest at Cairnie Fruit Farm
- 12-13 Sept - **SF Berwick-upon-Tweed** at Berwick Food Festival
- 19 Sept - **SF Linlithgow** organised the Harvest Feast
- 19 Sept - **SF East Lothian** hosted Kid's Fun Food Day with The Taste Adventure
- 23 Sept - **SF Hastings** organised a conference 'A Healthy Harvest - The Future of Food & Farming' with Patrick Holden, Director of the Soil Association; Julie Brown Director of Growing Communities; and Sarah Blackford of Crowhurst Community Agriculture
- 2-4 October - **SF Aylsham** at Aylsham Food Festival www.aylshamfoodfestival.co.uk
- 8 October - **SF Cornwall & YFM** screening of 'The End of The Line' at Fifteen Cornwall www.slowfoodcornwall.com & www.youthfoodmovement.org
- 10 October - **SF North Yorkshire** visits to the Old Sleningford Farm and Ampleforth Abbey Orchard
- 11 October - **SF Rutland & Lincs** at Annual Mushroom Foray at Woodhall Spa
- 11 October - **SF Worcestershire** organises Apple Juicing from 10am-1pm www.slowfoodworcestershire.org.uk
- 17 October - **SF West Yorkshire** at The Edible Fungi Foray www.slowfoodwy.org.uk
- 24-25 October - **SF Herefordshire** with The Taste Adventure at Flavours of Herefordshire



The Taste Adventure at the Children's Food Festival

For group contact details where websites are not listed, please visit the events page on our website www.slowfood.org.uk

New Member Groups

We are excited to announce the forming or reforming of Slow Food groups in Cambridgeshire, Derbyshire, Kent, Warwickshire and Whitstable.

Special Thanks

The Trust team has recently finished working on important documents, like our Group Handbook to encourage and assist members interested to start a new group. We have been lucky to have had editing assistance from an SF Perth member, Jeanne Gallen Hackett.

Slow Press

Slow Food UK has received some great local and national press mentions in recent weeks, including [The Ecologist](#), [The Guardian](#), [The Edinburgh News](#), The Sunday Herald and [The Western Mail](#). If you would like to read more, please visit the '[Press Page](#)' on our website where you can download the articles.

National Leader's Meeting

The team at Neal's Yard is busy planning our first-ever consultation and feedback forum when representatives from our groups from Skye to Penzance will descend on London's Southbank Centre to discuss and plan Slow Food's growth and development in the UK. Our National Meeting is taking place on **October 31st** which means that representatives will have a chance to see the Slow Food London Halloween Market at the Southbank Centre. A big thanks to Slow Food members Fergus Henderson and Trevor Gulliver from St John for organising a Nose to Tail brunch on Sunday for representatives staying overnight. No doubt, there will be a lot of hungry mouths after all the talking.

Taste Workshops

One of our new partners, The Balvenie Single Malt Scotch Whisky, are kindly offering all Slow Food UK groups the opportunity for Taste Workshops in your local areas. If you are interested in rounding up fellow SF members for an introduction to their Single Malts, please contact Greg Norman - greg.norman@blueriveruk.com. SF Worcestershire have organised their tasting for January.

Season's Eatings

Stuart Gillies of the Boxwood Café, a Slow Food member, has kindly shared one of his favourite Autumn recipes with

you. It's easy enough to recreate at home, and hopefully just as tasty as his.

Grilled pheasant with pheasant mash & chestnuts (2 portions)

- 1 pheasant plucked, hung & drawn. Remove breasts & legs from carcasse (keep carcasse for stock or soup).
- Desiree potatoes peeled 300g
- Butter 100g
- Double cream 100ml

Seasoning

- Peeled chestnuts 50g
- Savoy cabbage 200g
- Smoked pork belly cut into lardons 200g
- Duck fat 250 g
- Garlic 4 cloves
- Thyme 20g
- Rosemary 20g
- Bayleaf 1
- Rock salt 5g
- Blackpepper crushed 10g

Preparation

Place the pheasant legs in a deep sauce pan, with the duck fat, split garlic cloves, herbs, salt and pepper. Bring to the boil gently, then reduce heat and cover with parchment paper and place in the pre-heated oven 100C. Cook slowly for approx 1 ½ hours until tender. Remove from the oven and cool in the fat. When cool, drain off any excess fat and pick all meat off the bone leaving just the meat on a tray and put to one side.

Bring potatoes to the boil until cooked. Meanwhile heat the cream and butter. Drain the potatoes, press through a potato ricer and mix with the cream and butter. Fry the lardons until golden, drain off the excess fat and add the pheasant sauce to the same pan. Bring to boil and keep warm.

Preheat a chargrill or griddle plate. Season the breasts with salt, black pepper and coat well with olive oil. Place skin side down on the chargrill and cook for approx 3 minutes, then 2 minutes on the other side until coloured nicely. Remove and rest on a small rack for 3-4 minutes. Serve with a scoop of the pheasant mash and spoon over the pheasant and bacon sauce.

International Newsletter

For the 'Slow Food and Terra Madre' September issue, [click here](#).

Links We Like

[Academy of Culinary Arts](#) (Chefs Adopt a School scheme)

[Compassion in World Farming](#)

[Food Ethics Council](#)

[Sustain](#)

[Worldwide Opportunities on Organic Farms](#)



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